

Oak Hill ♦ Herndon  
**CONNECTION**

# Oakton House on A Hill

HOME & LIFESTYLE, PAGE 9

Dennis Parker and  
his wife Gina Jones  
in their remodeled  
Oakton home.

Home Life Style

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Fixing  
Park-Monroe  
Intersection

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Metro Plan  
Recommended

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PHOTO BY CRAIG STERBUTZEL/THE CONNECTION  
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FEBRUARY 8-14, 2012

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The Newberry Family of Oakton - Tucker Newberry, Claire, Grant, Carine, and Nicholas - jump into Lake Anne. Collectively, the family raised \$705 for the charity.

## Freezin' for a Reason

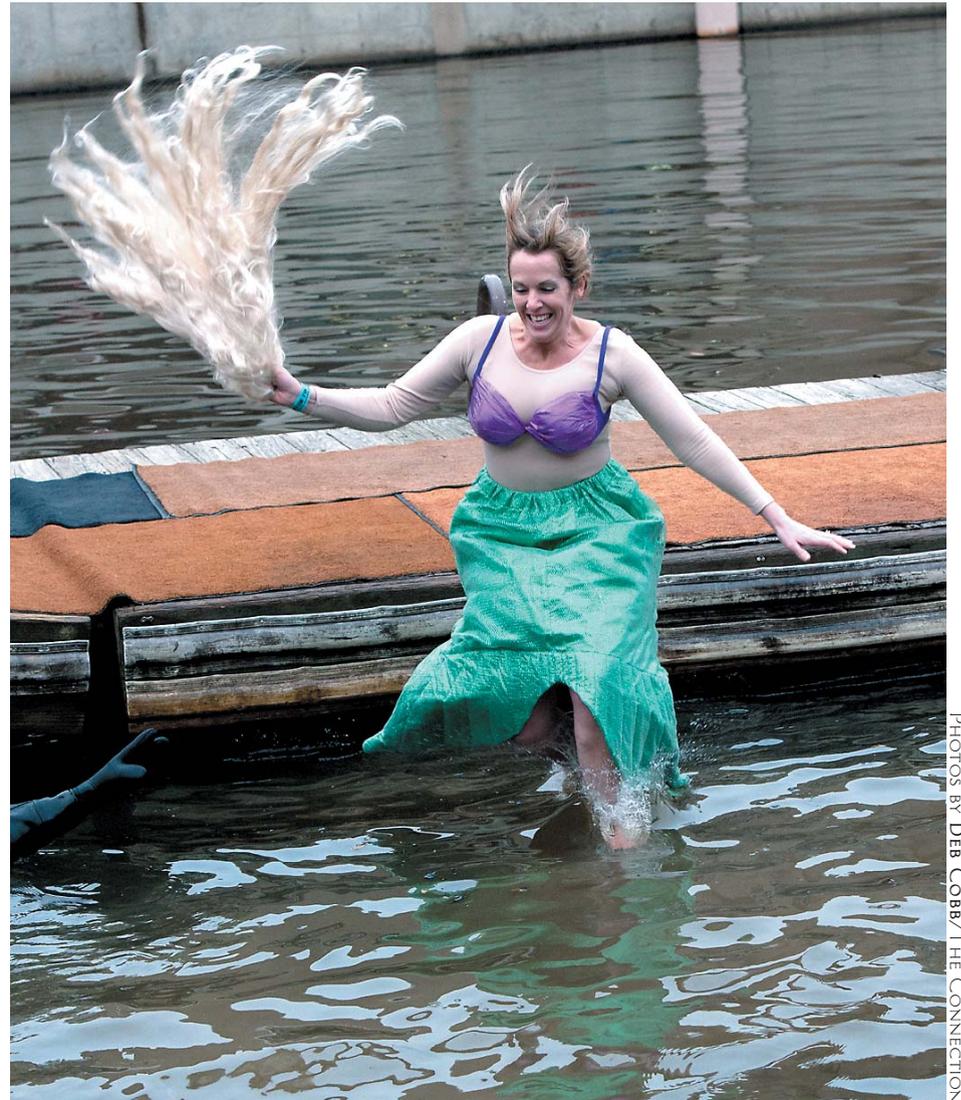
On Saturday, Feb. 4, 185 hearty souls jumped into the 40 degree water of Lake Anne at Lake Anne Plaza to raise more than \$73,000 for Camp Sunshine ([www.campsunshine.org](http://www.campsunshine.org)), a camp in Casco, Maine devoted to serving families that have a child with a life-threatening illness. Started by the Toth family of Vienna five years ago, the fundraiser has become a popular event at Lake Anne Plaza, with 71 more jumpers than last year.

PHOTOS BY DEB COBB

Gabe Collins, 5, of Reston, is comforted and warmed by father Mike Collins after jumping into the 40 degree water of Lake Anne. Gabe Collins was one of the youngest of the 185 jumpers at the event. The family raised \$1,100 for the charity.



Tim Gieber (right) of Herndon and Shawn Egan climb out of the cold waters of Lake Anne on Feb. 4. They participated in the fifth Freezin' for a Reason Polar Dip.



PHOTOS BY DEB COBB/THE CONNECTION

Mermaid Mary Turner of Herndon jumps into the 40 degree water of Lake Anne on Saturday, Feb. 4, as part of the fifth Freezin' for a Reason Polar Dip, that raises money for Camp Sunshine in Casco, Maine ([www.campsunshine.org](http://www.campsunshine.org)). This is Turner's second year to make the plunge.



Lifeguards from the Reston Community Center jump into Lake Anne as part of the Feb. 4 Freezin' for a Reason Polar Dip fundraiser. In no particular order: Scott Sorenson, Rifat Chowdhury, Elizabeth Keith, Allie Babiarz and David Halcombe.



PHOTO BY VICTORIA ROSS/THE CONNECTION

**President Barack Obama spoke at the James Lee Community Center in Falls Church on Wednesday, Feb. 1 about his plans to revitalize the stalled housing market. His speech was short and pointed.**

## President Announces Homeowners Bill of Rights

**Local housing advocates say new rules give homeowners important safeguards.** week to kick-start the stalled housing market.

BY VICTORIA ROSS  
THE CONNECTION

Fairfax County housing advocates applauded President Barack Obama's proposed Homeowner's Bill of Rights, saying it will give homeowners critical protection from predatory lenders and important safeguards when they purchase a home.

Calling the continuing depression in the housing market a "make-or-break" moment for the middle class, Obama told a crowd of about 350 people at the James Lee Community Center in Falls Church on Feb. 2, that he wants to see "a set of common-sense rules of the road that every family knows they can count on when they're shopping for a mortgage."

"No more hidden fees or conflicts of interest. No more getting the runaround when you call about your loan. No more fine print," the president said to loud applause. "New safeguards against inappropriate foreclosures. New options to avoid foreclosure if you've fallen on hardship or a run of bad luck. And a new, simple, clear form for new buyers of a home."

He addressed the local housing market: "Here in Falls Church, home values have fallen by about a quarter from their peak. In places like Las Vegas, more than half of all homeowners are underwater. More than half. So it's going to take a while for those prices to rise again," he said.

**THE AUDIENCE**, which included many local housing advocates, cheered when the President took Congress to task for dragging its feet on plans he announced during the State of the Union Address last

"I am sending Congress a plan that will give every responsible homeowner in America the chance to save about \$3,000 a year on their mortgage by refinancing at historically low rates... What this plan will do is help millions of responsible homeowners who make their payments on time but find themselves trapped under falling home values or wrapped up in red tape."

According to Kerri Wilson, CEO of Reston Interfaith, one of Northern Virginia's largest social services organizations, the nonprofit has received hundreds of calls since the recession from homeowners facing foreclosure or trying to get lenders' attention to reduce their mortgage payments.

"We've heard from those who have lost their jobs and are afraid of losing their homes and everything they've saved for their families. We all know that too many Americans did not fully understand the financial implications of taking out mortgages they could not afford," Wilson said. "Based on our experience then, the Homeowners Bill of Rights will address the issues surrounding foreclosure crisis and offer individuals the help they need to stabilize their budgets and families."

Paula Sampson, executive director of Fairfax County's Department of Housing and Community Development said the president's initiative refocuses attention on the still faltering real estate market and the many homeowners who are still struggling.

"A 'Homeowner's Bill of Rights' and the clarity and transparency it would bring to buying a home could be invaluable," Sampson said. "Just think of the thousands of homebuyers who might have avoided a predatory loan or unexpected rate swings, if the information had been clear and understandable at the closing table."

Sam Mayo, a 21-year-old graduate student from

SEE PRESIDENT, PAGE 12



CONTRIBUTED

**The Town of Herndon Planning Commission voted Feb. 6 to recommend the redevelopment plan for the area north of the proposed Herndon-Monroe Metrorail station to the Town Council.**

## Metro Plan Recommended

**Draft plan will now be considered for adoption by Town Council.**

BY ALEX McVEIGH  
THE CONNECTION

The Town of Herndon Planning Commission unanimously recommended a plan for the area north of the proposed Herndon-Monroe Metrorail station at their Monday, Feb. 6 meeting. The decision means the Comprehensive Plan Amendment that would allow for redevelopment will be passed on to the Town Council, which began discussions at their Feb. 7 work session.

"What we have arrived at tonight is a result of over two years' worth of intensive study, consultations with the leading municipal design and economic development experts, concerted staff effort, joint work sessions with the Town Council, numerous public hearings, regular Planning Commission meetings and an unprecedented five public meetings devoted exclusively to the Metro station plan," said Kevin East, chair of the commission.

The decision is the latest in a process that began Dec. 14, when a new draft plan was submitted to the town after an error was discovered in the original draft.

**THE PLAN'S GOAL** is to create a metro station area that will incentivize transit-oriented development, include a strong residential component, identify the uniqueness of the town, give the town a positive return

on its economic investment and increase the town's tax base.

It calls for an increase in the amount of density allowed, a revised street network map that will include an extension of Worldgate Drive and other changes.

"There is an intention in the plan that the buildings will be of the highest quality office space, and that there will be vastly improved pedestrian and bicycle amenities near the Metrorail station," said Kay Robertson, senior project planner with the town.

According to the draft plan, if the seven million square feet of redevelopment called for happens by 2035, the town can expect around \$6.7 million in net revenues from the increased tax base.

"This is just a first step of a long, long process that we're all going to be going through with everybody in the town," said Kevin Moses of the commission. "It is not setting anything in stone, other than recommending to the Town Council that we proceed."

Commissioner Bernadette Bettard said she was "satisfied that this process we have gone through has brought out a lot of the challenges and issues, and we have provided a platform and forum for adequate public input and discussion."

**TOWN RESIDENTS** who at

SEE TOWN COUNCIL, PAGE 5

# Fixing Park-Monroe Intersection

BY ALEX McVEIGH  
THE CONNECTION

The Herndon Town Council will hold a public hearing on plans for ways to make the intersection of Park Avenue and Monroe Street on Tuesday, Feb. 14 at the Ingram Council Chambers. The angles and elevations of the intersection have made it a priority for the town for years.

The Department of Public Works was asked to examine cost estimates and project alternatives (such as a four-way stop), as well as traffic counts. Town Director of Public Works Bob Boxer presented possible designs at the council's Jan. 24 public session.

The Department of Public Works took recent 24-hour traffic counts in the middle of January in order to update the counts that were taken in 2009 when the project was first proposed.

"We confirmed two things: that the peak traffic hours in the morning are typically between 8 and 10 [a.m.] and in the evening between 5 and 7 [p.m.], and we confirmed the volume through the intersection remained essentially the same as it was in 2009," Boxer said. "Essentially it's somewhere between 8,400 and 8,700 vehicles a day."

Boxer said the foremost goal of any plan is the safety of pedestrians. When the idea was first presented last year, many residents inquired as to the possibility of a four-way stop sign at the intersection, but Boxer said the conditions for such a stop sign do not exist at the intersection.

"This had been looked at several times by our engineers," he said. "One of the things we found was that traffic volumes should be approximately equal when you're looking at an intersection with a four-way stop. The traffic volumes here, on the main road versus the minor road, are approximately doubled."

Boxer also said at least five accidents in a 12-month period would serve as another indication of need for a four-way stop, but there have only been eight accidents recorded in the last five years.

He also said conditions for a traffic signal "do not meet sufficient vehicle volumes" to warrant one.

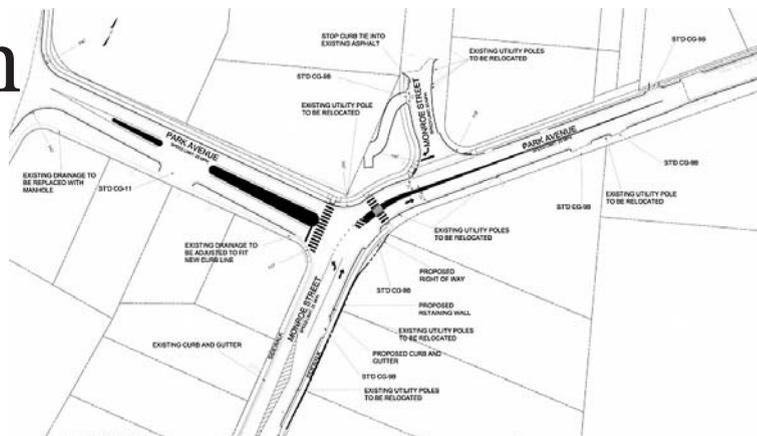
"It's a bad intersection that we're trying to make better with what we think are good engineering practices," Boxer said. "Taking the skew out of this intersection is something that needs to be done."

Councilmember Jasbinder Singh said he had spoken with several residents on the north side of Monroe Street who are in favor of keeping the intersection as is.

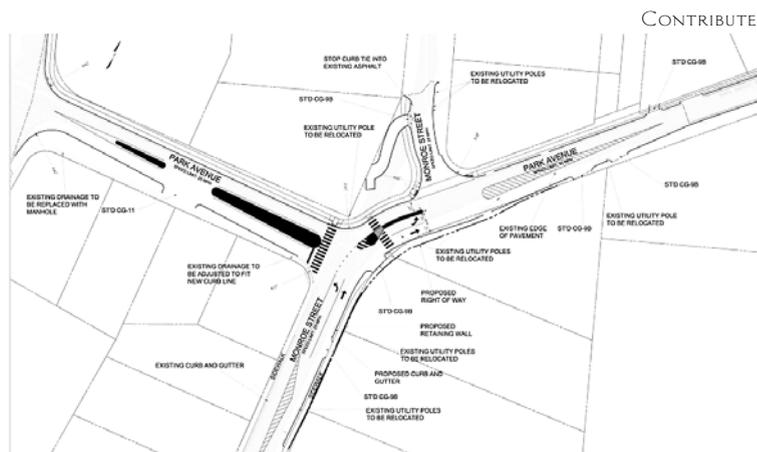
Other locals feel it's about time the intersection was re-examined.

"It's been a safety hazard for years, and downright awful during most rush hours, especially if you're taking any sort of left. But even if you're taking a right, sometimes you're going across a lane of traffic," said Daniel Boost of Herndon, who lives nearby. "I know they've been working on it for a while, but I'm anxious to see a plan get implemented."

The Town Council voted 4-3 at their Jan. 24 meeting to continue the public hearing to Feb. 14. More information on the plans can be found at [www.herndon-va.gov](http://www.herndon-va.gov).



One alternative design for the intersection of Park Avenue and Monroe Street, which will be addressed at the Herndon Town Council's Feb. 14 meeting.



The other proposed design for the intersection of Park Avenue and Monroe Street, which will be discussed at the Herndon Town Council's public meeting Tuesday, Feb. 14.



# NED DEVINES

2465 Centreville Rd Herndon, VA 20171

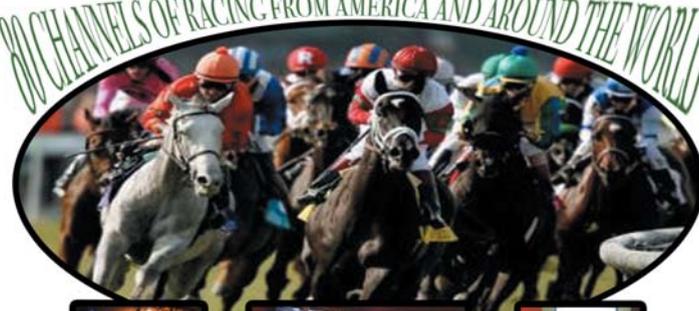
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## WEEK IN HERNDON

### Fatal Crash Kills Pedestrian

A 69-year-old Mineral man was killed when he stepped into the street in an attempt to help a tractor-trailer backing out of a parking lot, and was struck by an oncoming vehicle. Police responded to the crash in the 2500 block of Fox Mill Road on Wednesday, Feb. 1 shortly after 11:30 a.m. The pedestrian, Basil Knick, was flown by helicopter to a local hospital and was pronounced dead a short time later.

The striking vehicle, a 2004 Saturn Vue, driven by 59-year-old Darryl Barnes of Sterling, was travelling westbound on Fox Mill Road prior to the crash. Barnes apparently did not see Knick in the roadway. He remained on the scene after the crash, and was charged with failing to pay full time and attention.

Crash reconstruction detectives continue to investigate the crash.

Neither speed nor alcohol appear to be factors in this crash.

Anyone with information is asked to contact Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at [www.fairfaxcrimesolvers.org](http://www.fairfaxcrimesolvers.org) or text "TIP187" plus your message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

### Supporting Connections for Hope

A breakfast hosted by U.S. Rep. Frank Wolf (R-10) at Connections for Hope at the end of October 2011

#### BULLETIN BOARD

To have community events listed in the Connection, send to [herndon@connectionnewspapers.com](mailto:herndon@connectionnewspapers.com). Deadline is Friday.

#### FRIDAY/FEB. 10

**Republican Presidential Candidate Mitt Romney to Address Technology Business Leaders.** Hyatt Regency Reston, 1800 Presidents St., Reston. 7 a.m. registration and networking, 8 a.m. breakfast and program. Romney will speak to the Northern Virginia Technology Council (NUTC) and Consumer Electronics Association (CEA). [www.nutc.org](http://www.nutc.org).

#### Friday Forum Business

**Networking.** 7:30 a.m. Sheraton Reston Hotel Syrah Restaurant, 11810 Sunrise Valley Drive, Reston. Business professionals focused on generating business for members through qualified referrals. New group being formed. Meeting free and open to all, breakfast available for purchase. Meetings every Friday.

703-802-0334.

#### SATURDAY/FEB. 11

**Vajrayogini Buddhist Center Meditation Classes.** 10 a.m. Brown's Chapel, 11450 Baron Cameron Ave., Reston. Living Meditation: Meditation for Relaxation. \$12. [www.meditation-dc.org](http://www.meditation-dc.org) or 202-986-2257.

**Valentine's Day Open House for Memory Care.** 1-3 p.m. Great Falls Assisted Living, 1121 Reston Ave., Herndon. Learn about memory care by design, the Life Enrichment Program and more. Free. [www.greatfallsassistedliving.com](http://www.greatfallsassistedliving.com).

#### SUNDAY/FEB. 12

**Is Anything Wrong with the Scientific Method?** 12:45 p.m. Fairfax Unitarian Church, 2709 Hunter Mill Road, Oakton. Scientists don't really follow a rigid procedure-list called "The Scientific Method" in their daily work. The procedure-list is

raised more than \$100,000 to help area's neediest. More than 25 businesses were represented, and many local elected representatives were in attendance. At the breakfast a \$50,000 donation was announced and a challenge was made to raise \$50,000 to match this donation by the end of 2011. Not only was the match met but it was exceeded by \$5,000. Connections for Hope is expanding its services to individuals to prepare for jobs, search for jobs and find jobs. The Job Readiness Training at Connections for Hope provides bi-weekly classes providing one-on-one job readiness guidance. In addition Connections for Hope provides Job Search Workshops and hosts Job Fairs for the community. Connections for Hope was founded by a dedicated group of individuals at Floris United Methodist Church in Herndon.

For additional information about Connections for Hope visit [www.connectionsforhope.org](http://www.connectionsforhope.org) or contact Sarah Newman, Director, at [sarahnewman@helpingchildrenworldwide.org](mailto:sarahnewman@helpingchildrenworldwide.org) or 703-956-6722.

### Correction

In the article "VOICE Seeks Funds for Dental Care," in the Feb. 1-7 issue, it was stated that "VOICE already operates a dental clinic at Baileys Crossroads," however, VOICE does not operate dental clinics, they advocate for funding of the Northern Virginia Dental Clinic, operated since 1994 by the Northern Virginia Dental Society.

The article also stated that the clinic "will provide free care." In fact, there is a fee of \$40 for most services, which helps with running expenses of the clinics.

a myth spread by the education system and even some scientists have been taken in by it.

#### TUESDAY/FEB. 14

**Stroke and Osteoporosis Screening.** Unitarian Universalist Church, 1625 Wiehle Ave., Reston. Screenings for cardiovascular conditions, bone density, cholesterol and glucose and more. Packages from \$149. All five screenings take 60-90 minutes to complete. Register at 1-800-697-9721 or [www.lifelinescreening.com](http://www.lifelinescreening.com).

#### SUNDAY/FEB. 19

**The Origin of Life, Oxygen, and the Earth's Climate.** 12:45 p.m. Fairfax Unitarian Church, 2709 Hunter Mill Road, Oakton. Recent scientific results indicate that life on earth is much older than previously believed, but also that life barely survived numerous environmental catastrophes.

## Town Council to Consider Metro Plan

FROM PAGE 3

tended the meeting were mixed in their response to the draft plan, with some calling it an essential step in planning for Herndon's future, and others feeling as if the approval came too soon after the plan was revised.

"I feel like it's being pushed forward, I'm not even sure that the town staff really believe in this plan, I feel like they feel like they're obliged to push a plan forward," said Doug Shuster. "Let's take our time and get a really great plan, because this isn't it."

Barbara Kellner said that the proposed plan contradicts itself in terms of identifying Herndon as a unique location.

"There's no way that a 38-acre piece of land crammed full of 12 to 15-story buildings reflects Herndon's unique identity, there is no area in the town that even comes close to the densities proposed," she said. "This plan is just too dense. As proposed, there would be approximately 5,000 new residents and 15,000 new employees in a mere 38 acres that are served by only two roads and

three intersections."

But Mike Cooper said he felt the decision was an important step for Herndon's future, saying "tonight's action sends an important and powerful message that the town wants to compete with other localities for the highly desirable transit-oriented development along the Metro line."

The Town Council will host a public hearing for consideration of adoption of the Comprehensive Plan Amendment Tuesday, Feb. 14 at 7 p.m. in the Ingram Council Chambers at 765 Lynn Street.

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**Sundays**

8:30 AM Sanctuary, Traditional Worship Service

10:00 AM Garden, Traditional Worship Service

11:00 AM Connection, Contemporary Worship Service

**other weekly services**

5:30 PM Saturdays: Relax & Renew, Casual Worship Service

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## Access for Home Schoolers to School Activities

Families who home-school their children in this area take a burden off crowded schools, and off taxpayers who pay on average between \$12,000 and \$16,000 per year per child in school depending on where in Northern Virginia.

There is no reason to deny students who live within a school's boundaries access to the extracurricular activities of that school. While a proposal making its way through the Virginia General Assembly would address home schoolers' access to sports, home schooled stu-

dents should also be able to take some classes in school without having to be enrolled as a full-time student.

There is good reason to change the "bright white line" of student or non-student in public schools, all or nothing. Students have a variety of educational needs. Students need flexibility and often need several different educational contexts to create success.

Of course these students should be subject to all the same requirements as any other student in trying out for a spot on a team or in

the school play or band.

Some local school officials have said it's not fair, homeschooled students don't have to work as hard at their studies as public school students, so they would have an unfair advantage in extracurriculars. First, many homeschoolers work harder than the average public school students. And second, by this reasoning, perhaps coaches should consider some sort of weighted assessment of course load when deciding who should be on the team.

Public schools should be committed to providing the best solutions for all students.

### EDITORIALS

## Suppressing the Vote And Other Action in Richmond

While all Fairfax, Arlington and Alexandria senators voted against a bill that forces voters to provide one of a short list of identification in order to vote, the bill passed 20-to-20. Here's how: 02/06/12 Passed Senate (20-Y 20-N); 02/06/12 Senate: Chair votes Yes

Senators George Barker, Adam Ebbin, Barbara Favola, Mark Herring, Janet Howell, Dave Marsden, Chap Petersen, Toddy Puller and Dick Saslaw voted against the bill, which "eliminates the provision that allows a voter to sign a sworn statement that he is the named registered voter he claims to be in lieu of showing identification." Instead such a voter must cast a provisional ballot if he cannot provide a required

form of identification, and provisional ballots are counted the next day when a committee determines eligibility.

A Commonwealth of Virginia voter registration card will no longer count as one of forms of identification that a voter can present to demonstrate that he is a qualified voter, but a separate bill would add concealed handgun permits to the list of acceptable forms of identification to vote

### One Gun a Month Not Enough?

Virginia's long standing law restricting gun

purchases to one a month was overturned this week.

In the Senate, all Alexandria, Arlington and Fairfax senators voted against the repeal. In the House of Delegates, Barbara Comstock and Tim Hugo voted in favor of eliminating the restriction. Three Republicans joined all the Democrats from our area in voting against lifting the one-gun-a-month restriction: Dave Albo, Jim LeMunyon and Tom Rust voted against the repeal along with Bob Brink, David Bulova, David Englin, Eileen Filler-Corn, Mark Herring, Mark Keam, Ken Plum, Mark Sickles, Scott Surovell and Vivian Watts.

— MARY KIMM

### LETTERS TO THE EDITOR

## Keeping Dulles Rail On Track

To the Editor:

Henry Ford once said that you should not find fault, but find a remedy, because anyone can complain. I believe this principle describes our efforts over the last year to reduce the cost of Dulles Rail and keep it moving forward.

Opponents to this critical project continue to suggest we halt progress in order to study any possible effects. Doing so would not only delay the project but would end up costing Fairfax County taxpayers and Dulles Toll Road users

more in the long run, the very scenario these opponents use to justify their opposition. In order to protect taxpayers and commuters, I have worked with our County staff and our funding partners over the last year to successfully reduce the cost of Dulles Rail by over \$700 million all while keeping the project on track. We chose to find remedies instead of faults.

For example, in April I made the case for an aerial station at Dulles International Airport by "walking the walk" — showing people the

short distance between the proposed underground station and the aerial station. Moving the station above ground led to a cost savings of \$330 million. Our County staff worked with their counterparts in Loudoun County and officials from the state and federal government over the summer to identify over \$300 million in additional savings. Our work is consistent with Ford's principle.

Stopping the progress we have fought so hard to achieve also goes against our Board's stated commitment to "vigorously pursue economic development and revitaliza-

tion opportunities." Even the most vocal opponents of Dulles Rail cannot ignore its economic development potential.

Complete preliminary engineering estimates on Phase 2 are due out soon. When they are released, our Board will have 90 days to approve our continued commitment to this ambitious project. Rail to Dulles remains my number one transportation goal.

**Sharon Bulova**  
Chairman  
Fairfax County Board of Supervisors

## Support Funding Alzheimer's Project

To the Editor:

Today, 5.4 million Americans are living with Alzheimer's disease, including 130,000 Virginia residents. By 2050 as many as 16 million Americans will have this disease that slowly steals memories, independence, autonomy and so much more. Now the nation's sixth leading cause of death, Alzheimer's is unmatched in the scale of its devastating human and economic impact. There is no other chronic disease that affects so many without a way to cure, prevent or even slow its progression.

One in three Americans know someone with Alzheimer's. There are nearly 15 million family mem-

bers and friends providing care for a loved one with Alzheimer's and dementia, including more than 422,000 Virginians.

Beyond the sheer numbers of lives touched by the disease, the financial impact on our nation is staggering. Alzheimer's cost the nation \$183 billion today. That amount will soar to \$1 trillion by midcentury. Medicare costs will increase nearly 600 percent and Medicaid nearly 400 percent — if we do nothing.

The National Alzheimer's Project Act (NAPA), signed into law in January 2011, requires the creation of a national strategic plan to address the rapidly escalating Alzheimer's disease crisis and will

coordinate Alzheimer's disease efforts across the federal government. The Advisory Council on Alzheimer's Research, Care, and Services, created by NAPA to coordinate federal agencies conducting Alzheimer's-related care, services and research, met in mid-January to review the first draft framework of a National Alzheimer's Plan.

This is an historic moment. We need a meaningful allocation of resources in the President's upcoming budget if we are committed to finding a cure. Our nation's leaders must follow through and fulfill their commitment with a strong plan supported by the necessary resources to alter the course of Alzheimer's.

Alzheimer's won't wait. I invite you to take action today by sign-

ing our petition to President Obama at [www.alz.org](http://www.alz.org). Urge the President to take the next bold step forward in the fight against Alzheimer's and fulfill the promise of the National Alzheimer's Project Act passed unanimously by Congress more than a year ago. Tell him millions of families are counting on him to fulfill the potential of NAPA when he releases his upcoming Budget Request.

Now is the time to create a world without Alzheimer's. Families won't forget.

**Susan Kudla Finn, PMP**  
President and CEO  
Alzheimer's Association  
National Capital Area Chapter  
Fairfax

# ENTERTAINMENT

Send announcements to [herndon@connectionnewspapers.com](mailto:herndon@connectionnewspapers.com). Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit [www.connectionnewspapers.com](http://www.connectionnewspapers.com).

## WEDNESDAY/FEB. 8

**Evening of One Act Plays.** 7:30 p.m. Herndon High School Auditorium, 700 Bennett St., Herndon. [www.herndonadrama.org](http://www.herndonadrama.org).

## THURSDAY/FEB. 9

**Mountain Heart.** 8 p.m. The Barns at Wolftrap, 1551 Trap Road, Vienna. Bluegrass with rock, gospel, jazz, R&B and blues. \$22. [www.wolftrap.org](http://www.wolftrap.org).

**Mystery and Adventure Mini Book Sale.** 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. 703-689-2700, TTY 711.

**One-on-One Computer Tutoring.** 2 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the Internet, **Word and Excel**. Call for appointment. Adults. 703-242-4020.

**One-on-One English Practice.** 2 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Call for appointment with an ESL volunteer. Adults. 703-242-4020.

**Bedtime Storytime.** 7:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Stories and songs. Age 2-5 with adult. 703-242-4020.

**eBook/eReader Instruction.** 7:30 p.m. and 8:15 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn about library eBooks and how to access them with your compatible device. Call for appointment. Adults. 703-242-4020.

**Toddler Storytime.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Stories, songs and fingerplays. Age 2-3 with adult. 703-689-2700.

**Book Discussion Group.** 7:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Call for title. Adults. 703-689-2700.

## FRIDAY/FEB. 10

**Virginia Opera: Orphée.** 8 p.m. George Mason University's Center for the Arts Concert Hall, 4400 University Drive, Fairfax. The Virginia Premiere of Philip Glass's Orphée, based on Jean Cocteau's reimagining of the myth of Orpheus and Euridice. Sung in French with English supertitles. \$44-\$86. 888-945-2468 or [www.gmu.edu](http://www.gmu.edu).

**Dry Branch Fire Squad.** 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Roots bluegrass music. \$15. 703-435-8377.

**The Vagina Monologues.** 8 p.m. GMU Harris Theatre, 4400 University Drive, Fairfax. Proceeds will benefit the Mason

Victims of Violence fund and Dating Abuse Stops Here (DASH). \$25 at <http://cfa.gmu.edu/calendar/867>. 703-993-8892 or [sas.gmu.edu](http://sas.gmu.edu).

**Chicago City Limits.** 8 p.m. The Barns at Wolftrap, 1551 Trap Road, Vienna. Improvisational comedy. \$24. [www.wolftrap.org](http://www.wolftrap.org).

**Mystery and Adventure Mini Book Sale.** 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. 703-689-2700, TTY 711.

**Gottaswing's Annual Have a Heart Hop.** 8:30-11 p.m. Washington Dulles Hilton, 13869 Park Center Road, Herndon. Silent auction and swing dancing. Music by the Rock & Roll Relics. \$20 per person. Proceeds benefit the Lucky Dog Animal Rescue and The Honor Flight Network. [info@luckydoganimalrescue.org](mailto:info@luckydoganimalrescue.org) or 202-741-5428.

**"Earth and Sky."** 8 p.m. Waddell Theater, 1000 Harry Byrd Highway



**Adopt A Senior Lab on Sunday, Feb. 12 from 10:30 a.m.-12:30 p.m. at PetSmart, 11860 Spectrum Center, Reston. Meet older dogs available for adoption from Lab Rescue of the Labrador Retriever Club of the Potomac. 703-796-0656 or [www.lab-rescue.org](http://www.lab-rescue.org).**

Sterling. Taking Flight Theatre Company's season opener. \$15. [www.tfttheatre.org](http://www.tfttheatre.org).

## SATURDAY/FEB. 11

**Reston Contra Dance.** Reston Community Center, 2310 Colts Neck Road, Reston. Beginners' workshop 7:15-8 p.m., dance 8-10:45 p.m. Music by the June Apple Band. Partner not necessary. \$9 including workshop. [anote20@gmail.com](mailto:anote20@gmail.com).

**Jimmy Lange Boxing.** 7 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Tickets \$35-\$500, available at [www.ticketmaster.com](http://www.ticketmaster.com) and 703-573-SEAT. Accessible seating is available at 703-993-3035. [www.jimmylangeboxing.com](http://www.jimmylangeboxing.com) or [www.patriotcenter.com](http://www.patriotcenter.com).

**Arlo Guthrie: Boys' Night Out.** 8 p.m. George Mason Center for the Arts, 4400 University Drive, Fairfax. With his son Abe Guthrie, his grandson Krishna Guthrie, and longtime collaborator Terry a la Berry. Tickets \$24-\$48 at 888-945-2468 or [cfa.gmu.edu](http://cfa.gmu.edu).

**Chicago City Limits.** 7:30 p.m. The Barns at Wolftrap, 1551 Trap Road, Vienna. Improvisational comedy. \$24. [www.wolftrap.org](http://www.wolftrap.org).

**The Vagina Monologues.** 3 p.m. and 8 p.m. GMU Harris Theatre, 4400 University Drive, Fairfax. Proceeds will benefit the Mason Victims of Violence fund and Dating Abuse Stops Here (DASH). \$25 at <http://cfa.gmu.edu/calendar/867>. 703-993-8892 or [sas.gmu.edu](http://sas.gmu.edu).

**Irish Ceili Dance with the Bogwanderers Ceili Band.** 7-11 p.m. Frying Pan Park Visitors Center, 2739 West Ox Road, Herndon. Lessons 7-7:30 p.m. Newcomers welcome. No experience or partner required. \$15, half price under age 18 or students. Maximum \$35 per family. 703-631-9179.

**Mystery and Adventure Mini Book Sale.** 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. 703-689-2700, TTY 711.

**Reston's Two Divas.** 6 p.m. Reston Museum, 1639 Washington Plaza, Reston. Celebrate Black History Month with an evening of jazz with song stylists Beverly Cosham and Menda Ahart, with Felicia Kessel-Crawley on keyboard. 703-709-7700 or [restonmuseum@gmail.com](mailto:restonmuseum@gmail.com).

**"Earth and Sky."** 8 p.m. Waddell Theater, 1000 Harry Byrd Highway Sterling. Taking Flight Theatre Company's season opener. \$15. [www.tfttheatre.org](http://www.tfttheatre.org).

## SUNDAY/FEB. 12

**Virginia Opera: Orphée.** 8 p.m. George Mason University's Center for the Arts Concert Hall, 4400 University Drive, Fairfax. The Virginia Premiere of Philip Glass's Orphée, based on Jean Cocteau's reimagining of the myth of Orpheus and Euridice. Sung in French with English supertitles. \$44-\$86. 888-945-2468 or [www.gmu.edu](http://www.gmu.edu).

**DASH at Dulles 5k Mall Walk.** 9 a.m. Dulles Town Center, 21100 Dulles Town Circle, Fairfax. A fundraiser for Dating Abuse Stops Here sponsored by Dulles Town Center's Dulles Dashers Mall Walkers Club. Created in memory of Siobhan Russell, a Franklin Farm resident murdered by her ex-boyfriend. \$15. [www.datingabusestopshere.com](http://www.datingabusestopshere.com).

**Chocolate Festival.** 11 a.m.-3 p.m. Floris United Methodist Church, 13600 Frying Pan Road, Herndon. Children's games and inflatables, silent auction, children's Valentine card-making room, pizza, subs, hotdogs, salads and drinks, chocolate treats and more. 703-793-0026 or [www.florisumc.org/chocolate](http://www.florisumc.org/chocolate).

**Al Petteway & Amy White.** 4 p.m., 6 p.m. and 8 p.m. The Old Brogue Irish Pub, 760-C Walker Road, Great Falls. Traditional and original Celtic and Appalachian music. \$15. 703-759-3309 or [www.oldbrogue.com](http://www.oldbrogue.com).

**Mystery and Adventure Mini Sale.** 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. 703-689-2700, TTY 711.

**Adopt A Senior Lab.** 10:30 a.m.-12:30 p.m. PetSmart, 11860 Spectrum Center, Reston. Meet older dogs available for adoption from Lab Rescue of the Labrador Retriever Club of the Potomac. 703-796-0656 or [www.lab-rescue.org](http://www.lab-rescue.org).

**"Earth and Sky."** 7 p.m. Waddell Theater, 1000 Harry Byrd Highway Sterling. Taking Flight Theatre Company's season opener. \$15. [www.tfttheatre.org](http://www.tfttheatre.org).

## MONDAY/FEB. 13

**Mystery and Adventure Mini Book Sale.** 1-4 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. 703-689-2700, TTY 711.

**English Conversation.** 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. English practice for non-native speakers. Adults. 703-242-4020.

**Lapsit Storytime.** 10:30 a.m. Herndon Fortnightly Library, 768 Center St., Herndon. Stories, songs, and rhymes. 0-11 months with adult. 703-437-8855.

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# Home Life Style

In this BOWA project in Great Falls, a gallery was designed to display the owner's extensive motion picture poster collection.



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COPYRIGHT BOB NAROD PHOTOGRAPHY & BOWA

Classic car gets a classic space as part of this whole house BOWA renovation in Arlington.



COPYRIGHT JIM TIERO PHOTOGRAPHY & BOWA

## Remodeling: An Opportunity To Follow One's Passion Adding that personal touch.

BY JOSHUA BAKER  
SPECIAL TO THE CONNECTION

Having remodeled thousands of projects over the past 25 years, our clients' reactions tell us that some

of the most successful projects often address a specific passion or interest. Folks seem to be spending more and more time at home not only working, but also enriching their lives through personal interests. To that end, today's remodeling design often includes

developing new areas for pursuing a variety of passions. Here are some local examples:

A breakfast room addition was carefully planned to also function as a bird watching area. The foundation was specially designed to allow the existing trees to remain

in close proximity, and great care was taken to preserve the surroundings during construction. A professional arborist was engaged to manage the health of the trees in the six months prior to construction to ensure the addition had an almost treehouse feel.

There are a wide range of car enthusiasts each with his (or her) own specifications. Some garage additions, whether attached or detached, are effectively museums. One such addition was designed as an antique car barn, including four-inch thick, rough wood floors, and

individual bays for each piece of art. Other garage projects are focused on automobile maintenance and repair. These often have automatic lifts, similar to your local repair shop, which allow for easy access and even provide additional storage. One Great Falls garage was designed and built so that a father could share his knowledge and interest in cars with his sons.

Sports fanaticism often drives remodeling design. Sometimes, modestly designed trophy areas for displaying family victories are included. Other times, whole rooms pay homage to (most often out of town) favorite college or professional sports teams. Real stadium seats, painted murals of favorite scenes, and custom flooring made to look like ball fields are all a part of the fun.

Are salt-water aquariums your thing? While they aren't for everyone due to the significant maintenance, technology and investment required, some homeowners find the colors and peaceful setting captivating. For one local enthusiast we installed a 7,000-gallon live coral reef. The weight of the aquarium required the floor be reinforced with steel beams, a crane was needed to set the glass tank, and a separate control/filter room was added.

Many designs incorporate a trend towards enjoying and collecting wine. A very efficient and relatively inexpensive approach is to purchase specialized wine refrigerators. These vary in size from small under-counter units, appropriate for a kitchen or bar area, to large full-size units most often installed in unfinished areas of the basement. For the wine aficionado,

fully conditioned wine rooms with custom-made wood racking for storage have become common in luxury homes. And for a really nice touch, these rooms are designed to include a tasting area or even full-size dining areas, similar to many stylish restaurants. Art collections, whether pop or classical, often drive remodeling design decisions. For example, hallways are widened to create galleries and sophisticated specialty lighting is installed, based upon the type of art work, natural light etc.

One such project in Great Falls involved creating a generous gallery to feature original antique movie posters. So the questions remains, what's your passion? By working closely with an experienced design build remodeler who has access to a whole host of specialty designers and experts, your dreams of an at-home museum, sanctuary, tasting room, etc. may well be within reach.



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The homeowners' team loyalties were reflected in this Potomac, Md. home theater renovation by BOWA.

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# Local REAL ESTATE

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

## Top Sales, December 2011



**1** 7826 Swinks Mill Court, McLean — \$4,000,000



**10** 11510 Hemingway Drive, Reston — \$925,000



**2** 9695 Mill Ridge Lane, Great Falls — \$3,106,367

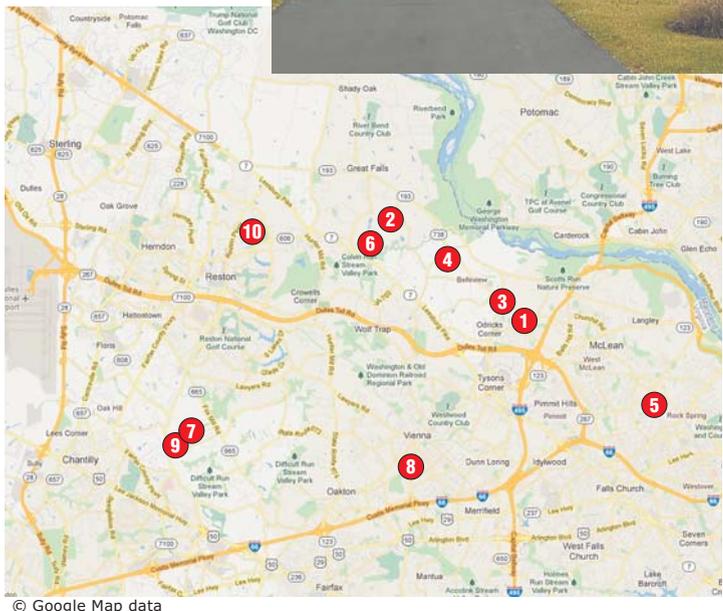


**3** 8100 Spring Hill Farm Drive, McLean — \$3,000,000

**4** 8891 Olson Court, McLean — \$2,025,000



**8** 504 Stephen Circle, Vienna — \$1,216,500



Address	BR	FB	HB	....	Postal	City	.....	Sold Price	....	Type	.....	Lot AC	Postal Code	.....	Subdivision	.....	Date Sold		
<b>1</b> 7826 SWINKS MILL CT	6	..	7	.	3	.....	MC LEAN	.....	\$4,000,000	....	Detached	.....	1.13	..	22102	.....	SWINKS MILL	.....	12/07/11
<b>2</b> 9695 MILL RIDGE LN	5	..	5	.	1	.....	GREAT FALLS	.....	\$3,106,367	....	Detached	.....	2.02	..	22066	.....	THE LANE AT FOUR STAIRS	..	12/21/11
<b>3</b> 8100 SPRING HILL FARM DR	5	..	5	.	3	.....	MCLEAN	.....	\$3,000,000	....	Detached	.....	0.84	..	22102	.....	SPRING HILL FARM	.....	12/30/11
<b>4</b> 8891 OLSON CT	5	..	5	.	2	.....	MCLEAN	.....	\$2,025,000	....	Detached	.....	1.72	..	22102	.....	BRYAN POND	.....	12/27/11
<b>5</b> 1949 MASSACHUSETTS AVE	6	..	5	.	1	.....	MC LEAN	.....	\$1,750,000	....	Detached	.....	0.50	..	22101	.....	FRANKLIN PARK	.....	12/14/11
<b>6</b> 1093 MILL FIELD CT	5	..	4	.	2	.....	GREAT FALLS	.....	\$1,612,500	....	Detached	.....	0.83	..	22066	.....	COLVIN MILL RUN	.....	12/16/11
<b>7</b> 12312 WESTWOOD HILLS DR	4	..	4	.	1	.....	OAK HILL	.....	\$1,240,410	....	Detached	.....	1.00	..	20171	.....	RESERVE AT OAKTON	.....	12/09/11
<b>8</b> 504 STEPHEN CIR	5	..	4	.	1	.....	VIENNA	.....	\$1,216,500	....	Detached	.....	0.30	..	22180	.....	VIENNA WOODS	.....	12/30/11
<b>9</b> 12315 WESTWOOD HILLS DR	4	..	3	.	1	.....	HERNDON	.....	\$1,172,249	....	Detached	.....	1.35	..	20171	.....	RESERVE AT OAKTON	.....	12/28/11
<b>10</b> 11510 HEMINGWAY DR	3	..	3	.	1	.....	RESTON	.....	\$925,000	....	Townhouse	..	0.05	..	20194	.....	RESTON	.....	12/08/11

SOURCE: MRIS, INC. FOR MORE INFORMATION ON MRIS, VISIT WWW.MRIS.COM

The new Georgian style façade includes a brick surfaced porch, an Adam-style entry and a second level balcony with balustrades. Michael Nash resolved inherent site problems by deploying deep footings as foundation support, eliminating the need to excavate.



PHOTO CONTRIBUTED

# House on a Hill

Contemporary in Oakton transformed into welcoming southern colonial.

BY JOHN BYRD  
SPECIAL TO THE CONNECTION

**H**untsville, Ala. is a pretty small town—yet it has three historic districts and more homes in the national register than most places twice its size. Growing up in such a community, Gina Jones is understandably attracted to welcoming porches and grand foyers—hallmarks of the antebellum style.

Alas, when Jones, an Internet publisher, relocated to Northern Virginia ten years ago, the place that came closest to suiting her family's needs was an Oakton contemporary—one of four on a private drive at the top of a hill.

Jones adapted to her new setting just fine. But after occupying the house for a few years, certain shortcomings became apparent.

"I was looking for a larger master bedroom, a guest room... and I really wanted a front porch and a foyer," Jones recalls. "The foyer was important in my childhood home. It's where the house begins"

The practical problem with the last part of the vision, however, was the steeply sloping grade immediately outside the existing front door. The more Jones learned about her home's inherent site problems, in fact, the more the search for new square footage became concentrated on the rear elevation.

"We wanted to stick to our budget," Jones recalls "so the remodeling proposals we received were all focused on the back of the house."

It was at this juncture that Jones met Sonny Nazemian, president of Michael Nash Kitchens and Homes.

"Sonny plan's not only made our new façade feasible—but actually created more square footage than we'd thought we could afford," Jones explains. "Naturally, we were thrilled with that."

The existing front patio served as a 14-foot by 26-foot template for a two-level enclosure.

The lower level now accommodates a spacious foyer with ten foot ceilings, a first level guest room and a full bath. On the second level, the project co-

opted one of three existing bedrooms to form a substantially larger master bedroom suite.

Best yet, the new site plan permits a top item on the wish list: a 25-foot-long, two level front porch that, Jones says, evokes the graciously welcoming facade of her childhood home.

Inside, the new interior faithfully explores late 18th century decorum in detailing appropriate to several period collectibles and antiques.

Beginning with an Adam-style front door bordered by sidelights and a Palladium window, the foyer is embellished in hardwood flooring, crown molding and embossed knee high panels. Two Doric columns on either side of a stair accessing the main living area are both decorative and structural.

Adjacent to the foyer, the new first level addition provides for a home office that doubles as a guest suite with a private entrance. The suite includes a full bath finished in Brazilian slate-tile, granite countertops and cherry cabinetry.

Upstairs, the new front-facing master bedroom is more than double the size of its predecessor.

The master suite opens out onto the upstairs porch with a stunning view of wooded acreage abutting the property.

In a corner of the master suite, Nazemian installed a gas fireplace, elevating it for visibility from the bed. "It's a Bed and Breakfast fireplace," Jones said, "and it's also an effective heat source."

The master bath features a double vanity and soaking tub, a walk-in shower and heated floors and towel racks. Structured porcelain covers the floors, shower and tub surrounds; the cherry cabinets have granite countertops.

Standard oak floors and wall-to-wall carpeting were replaced with a richly stained Brazilian woods.

"It's the details that make the whole house so cohesive," Jones said.

To give the eclectic architecture a unifying cast, the exterior elevations are clad in cedar shake and painted a vivid Wedgwood blue.

"It just works beautifully," Jones said. "And it feels like home."

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6893 Chelsea Rd.....\$700,000....Sun 1-4.....Jenifer Justice.....Weichert...703-623-8373

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# President Comes to Area, Announces New Initiative

FROM PAGE 3

Herndon, said he hoped President Obama go another term to complete his plan.

"You just can't replace his energy. I woke up at 4 a.m., because I was really excited to see the president. My mother knows real estate, and I've seen these big empty houses all over Northern Virginia. It's scary to think about buying a home here," he said.

During his speech, Obama also blasted predatory lending practices, and vowed to tighten regulations.

"(The American people) were hurt. By lenders who sold loans to people who they knew couldn't afford the mortgages ... and banks that packaged those mortgages up and traded them to reap phantom profits, knowing that they were building a house of cards."

"It was wrong. It was wrong," the president said to nods and a buzz of agreement in the audience. "It triggered the worst economic crisis of our lifetimes. And it has been the single biggest drag on our recovery from a terrible recession. Crushing debt has kept millions of consumers from spending."

He said his plan will allow responsible homeowners to refinance at a lower rate, saving hundreds of dollars each month. "Or you can choose those savings to rebuild equity in your homes, which will help most underwater homeowners come back up for air more quickly," he said.

**THE PRESIDENT** made it clear that his "aggressive plan" was not designed for those who have been irresponsible.

"This plan, like the other actions we've taken, will not help the neighbors down the street who bought a house they couldn't afford, and then walked away and left a foreclosed home behind...It's not going to help those who bought multiple homes just to speculate and flip the house and make a quick buck, but it can help those who've acted responsibly," he said.

He veered off script, and entertained the audience, when he recalled how confusing it was when he and First Lady Michelle Obama bought their first home.

"Now, think about it...How many of you have had to deal with overly complicated mortgage forms and hidden clauses and complex terms? I remember when Michelle



PHOTOS BY VICTORIA ROSS/THE CONNECTION

**Sam Mayo of Herndon said – as a future homebuyer – he was pleased to hear President Obama's plans for making the process simpler for responsible homebuyers.**

and I bought our first condo — and we're both lawyers," he said, triggering laughter from the audience. "And we're looking through the forms and kind of holding it up... reading it again... 'What does this phrase mean?' And that's for two trained lawyers."

The president then held up a single sheet of paper.

"So this is what a mortgage form should look like. This is it," he said to loud applause and cheers. "Now that our new consumer watchdog agency is finally running at full steam, now that Richard Cordray is in as the Director of the Consumer Finance Protection Bureau, they're moving forward on important protections like this new, shorter mortgage form. Simple, not complicated. Informative, not confusing. Terms are clear. Fees are transparent."

After a pause for effect, the president took another shot at Congress to cheers from the audience: "This, by the way, is what some



**Kerri Wilson, CEO of Reston Interfaith**

of the folks in Congress are trying to roll back and prevent from happening."

He called the housing crisis "personal," saying it struck at the heart of what it means to be middle class in America. "Our homes, the place where we invest our nest egg, place where we raise our family, the place where we plant roots in a community, the place where we build memories," he said.

He ended his speech with an appeal to Congress. "I urge Congress to act. Pass this plan. Help more families keep their homes. Help more neighborhoods remain vibrant. Help keep more dreams defended and alive. And I promise you that I'll keep doing everything I can to make the future brighter for this community, for this commonwealth, for this country."

Quincy Springs, a Fairfax resident with the County's Department of Neighborhood and Community Services, said the president was presenting Americans with an "opportunity."

"So many people have experienced job loss, foreclosures and other hardships. He has the right plan, and he doesn't get the good credit he deserves," Springs said.

Claudia Lupoletti of Burke said she thought Obama struck the right tone in



**Quincy Springs, with the Fairfax County Department of Neighborhood and Community Services, said he thought President Obama does not get enough credit for his plans.**

sending a serious message to lenders.

"I'm very happy to hear that he is going to hold lenders accountable and not just homeowners," Lupoletti said. "He's right about the paperwork. We bought our first home in New York City and it was an all-day process with hundreds of complex forms. I think this is long overdue," she said.

"It is inspiring to see the president move forward to implement a federal response to the mortgage and foreclosure crisis," said Dean Klein, Director of the County's Office to Prevent and End Homelessness, who attended the event with Pat Harrison, Fairfax County's Deputy Director. "(The crisis) has impacted so many individuals and families in our community and nationally."

Congressman Gerry Connolly (D-11) issued a brief statement after the president's speech: "I welcome President Obama back to Northern Virginia. His strong commitment to the economic recovery is obviously heartfelt and I proudly support him in that effort," Connolly said.

## Keeping People in their Homes

**W**ithin the Connections for Hope facility is the office of Martin Rios, Reston Interfaith's Certified Housing Counselor.

"Keeping people in their homes, by any means possible, is the ultimate goal of Reston Interfaith," said CEO Kerri Wilson.

In the past 2 1/2 years, Wilson said Rios has helped more than 150 homeowners in crisis, with about 70 percent remaining in their homes.

For those still in discussion with lenders, Wilson said there is hope that the process will move faster in the future. Reston Interfaith recently received full authorization to access and input mortgage loan modification requests through HOPE LoanPort, which is an online tool created by the Treasury Department specifically for Housing Counselors.

"The paper trail has been decreased greatly, saving weeks and months of waiting since all paper-

work is now scanned and uploaded directly to loan servicers," Wilson said. Hundreds of underwriters are part of HOPE LoanPort; in addition, there are options to escalate cases when a decision is not reached in a reasonable timeframe.

Reston Interfaith continues to address housing issues by partnering with the Virginia Housing Development Authority (VHDA) to provide an Introduction to Homeownership class. This

## Reston Interfaith addresses housing with 'Connections for Hope.'

class is designed to take the mystery out of the home buying process and help home buyers prepare to make important decisions about purchasing a home.

Local experts in the field of home buying are involved in the training, and they provide answers to questions from class participants. Completion of this class is required by borrowers in order to become eligible for all VHDA loan programs. Classes are offered monthly at Connections for Hope

office in English and Spanish.

"Now more than ever, Reston Interfaith is proud to provide these essential services at no cost to persons living in northwestern Fairfax County. Many people facing foreclosure pay thousands of dollars for guidance and then end up losing their property," said Wilson.

For more information about Reston Interfaith's housing programs, call 703-956-6722.

—VICTORIA ROSS



# Oakton Sweeps at Swim Championships

BY RICH SANDERS  
THE CONNECTION

**T**he Northern Region swim and dive championships concluded this past Saturday night at the Oak Marr Recreation Center. Oakton High captured both the boys' and girls' team titles.

On the girls' side, the Cougars, in the 24-team field, finished first with 245 points.

West Potomac (190) and Langley High Schools (181) finished second and third overall. Rounding out the top five teams were Madison High (162) and Lake Braddock Secondary (155.5).

Other local schools competing on the girls' side included South Lakes (11th place), McLean High (15th), and Herndon (19th).

First place individual girls' finishers included: Langley's Abi Speers (50-freestyle);

Jefferson's Emily Saitta (dive); Oakton's Laura Branton (100-butterfly); Oakton's Janet Hu (100-free and 100-back); and Herndon's Jenna Van Camp (100-breast-stroke).

**OAKTON WON** the boys' team title with 281.5 points, besting runner-up Woodson (250) and third place Madison High (217). Jefferson and West Springfield finished fourth and fifth. In all 24 teams competed

in the region boys' championships.

Other competing schools included 10th place Marshall High (91 points), 11th place Langley (88), 14th place Herndon (69), and 15th place McLean (47).

Individual first place finishers included: Marshall's Cyrus Hashemi (200-free and 100-free); Jefferson's Andrew Seliskar (200-IM and 100-fly); Madison's Evan Owens (50-free); Jefferson's Stephen Seliskar (100-back).

# District Indoor Track and Field Championships Completed

**South Lakes boys win Liberty ahead of second place Langley; Oakton girls capture Concorde crown.**

BY RICH SANDERS  
THE CONNECTION

**T**he South Lakes High indoor track and field teams were victorious on both the boys' and girls' sides at the recent Liberty District championships, held over two days at the Prince George's County Sportsplex in Maryland. The first day of postseason competition took place on Friday, Jan. 27. The second and final day of action was held last Thursday, Feb. 2.

Next up are the Northern Region boys' and girls' championships, set to take place next week on Saturday, Feb. 18 at Wakefield High School in Arlington. The Virginia State AAA championships are scheduled for Feb. 24-25 at Bethel High School in Hampton.

At districts, the South Lakes boys, the dominant Northern Region program over the years in both indoor and outdoor (spring season) track, won the meet with 144 points, well ahead of second place Langley (66 points) and third place McLean (65). Rounding out the district field were

Jefferson (63), Marshall (53), Madison (45), and Fairfax (29).

South Lakes individual champions were: Armando Drain (both the 300 and 500 dash events), Jacob Grundahl (1000), Rashaan Jones (both the high jump and long jump events), and Corey Gilmore (triple jump).

The Seahawks' 4x200-meter relay team of Zac Parker, Brian Brinson, Aeron Thai, and Connor Metcalf finished in first place.

Other first place winners at the meet were: Kenneth Bowden of Madison (55 dash); Haight Mackenzie of Marshall, who won both the 1600 and 3200 running events; Ed Cai of Jefferson (55-hurdles); Logan Besougloff of Langley (pole vault); and Scott Lafoon of McLean (shot put).

The Madison 4x400 relay team of William Doran, Austin Kolko, Bowden, and Joaquin Alzola finished in first place.

The Jefferson 4x800 relay of Michael Wattendorf, Kyler Blodgett, Andrew O'Shea, and Jacob Zucker finished first as well.

**ON THE GIRLS' SIDE**, South Lakes won the Liberty team title with 142 points, fin-

ishing ahead of second place Madison (82.33) and third place Langley (70). The fourth through seventh place team finishers were Jefferson (63.50), McLean (59.83), Marshall (25.33), and Fairfax (22).

South Lakes' Danielle Hale had a spectacular meet, winning four events - the 55 dash, high jump, triple jump, and long jump events. Other first place Seahawks were: Naimah Coleman (300); Aya Abdelhalim (55-hurdles); and Sumiya Yates (shot put).

The South Lakes' 4x200 relay team of Coleman, Kristin Tran, Abdehalim, and Danielle Hale finished in first place. Also, the Seahawks' 4x400 relay of Coleman, Haley Vaughn, Claire Nieuwsma, and Grace Gillen took first place.

Other individual district girls' champions were: McLean High's Hannah Dimmick (500); Jefferson's Katherine Sheridan (both the 1000 and 3200 events); McLean's Madalyn Harper (1600); and Langley's Meigan McNanus (pole vault).

McLean's 4x800 relay team of Madalyn Harper, Alexa Tabackman, Megan McCormack, and Hannah Dimmick took first place.

**THE CONCORDE DISTRICT** indoor championships took place over two days (Thursday, Jan. 26 and Thursday, Feb. 2) at Prince George's County Sportsplex.

On the girls' side, the Oakton High team captured the district crown with 149 points, finishing ahead of second place Robinson (119) and third place Herndon (64). Rounding out the six-team field were Chantilly (57), Westfield (42), and Centreville (31).

Individual first place finishers for the champion Oakton team were Allie Klimkiewicz (1600 and 3200 races) and Meghan Jean-baptiste (55-hurdles and high jump).

The Oakton girls' 4x200 relay team of Annachristina Clements, Christianne Butters, Danielle Fitzgerald, and Meghan Jean-baptiste finished in first place.

Herndon High's Carina Peter won three events - the 55 dash, long jump, and triple jump.

**ON THE BOYS' SIDE** at the Concorde championships, Westfield, which began second day action in third place, came through to capture the team title with 117 points, edging second place Chantilly (113). Oakton (92) garnered third place, while the fourth through sixth finishers were Robinson (55), Herndon (46), and Centreville (42).

Oakton's Michael McNamee won the 1000 race and was second in the 1600. Herndon's Austin Miller was first in pole vault.

# Back On The Juice...



By KENNETH B. LOURIE

The chemotherapy juice, that is. Going forward now, every three weeks until I've completed six infusions, finishing sometime around mid May barring any foreseen – and previously experienced blips (meaning delays): levels, counts, readings, etc., that would compel my oncologist to stop the treatment and await results of a retest. If past is at all prologue, inevitably, one of the required pre-chemotherapy blood and urine labs will indicate that my body needs a little "R and R:" recuperation and regeneration of something or other that the chemotherapy destroyed on its way to attacking and hopefully shrinking the tumors. As a result, I will be off schedule to allow my body to settle back to reasonably abnormal (given the severity of the treatment, "normal" is hardly in play anymore). However, it's a process – of fits and starts – one with which I'm familiar so I'm not too concerned about it. Otherwise, I'll be reclining in a Barcalounger at The Infusion Center watching the I.V. drip its cancer-fighting poison into my arm.

However, since this six-time infusion is a repeat performance, I wonder if "reasonably normal" is somehow more problematic the second time around. My oncologist agreed with our decision to re-start because he said/recommended it by saying: "Since it worked so well the first time, we'll probably just do the same thing." "Worked so well" means the tumors shrank and my body tolerated the treatment (not a guarantee, however; one time, I witnessed another chemotherapy patient have a seizure because his body couldn't handle the drug with which he was being infused so they had to stop his treatment). So I'm not taking anything for granted. Nor am I particularly eager or excited. I am however, cautiously optimistic that once again I can survive the ordeal, and make no mistake about it, chemotherapy can be an ordeal.

Certainly knowing what to expect is a big help. Originally, the anxiety of all the treatments, all the appointments, all the pills and all the potential side effects; not to mention the emotional disruptions an out-of-the-blue terminal diagnosis can cause, created a sense of foreboding and negativity that took a little (make that a lot) of time and effort to navigate. But we did, and as we prepare to climb this emotional and physical (not literal) mountain once again, the experience we gained from the initial treatment three years ago has led to significantly less stress for this round (round two).

As with round one, there are no guarantees. I will be "CT-Scanned" in mid February – after two infusions, to assess the effect of the first two chemotherapy treatments. No doubt, waiting for those results will be stressful. However, I'm not sure if indications after only two infusions are significant – good or bad, it's simply prudent at that juncture. Still, we will be hanging on the oncologist's every word, every inflection on every syllable, when he tells us the results – trying to interpret and discern the true meaning of his doctor-speak. Having endured this process many times over the past three years certainly will help us now. However, given the seriousness and life-changing (you'll note I didn't say "life-ending") nature of the conversation, there's only so much one can do to prepare. It's really more about bracing yourself. It's a difficult and emotional moment, almost akin to an out-of-body experience, if there is such a thing.

And after three years of being treated for, and living with, a terminal diagnosis (stage IV lung cancer; there is no stage V), I sort of recognize the various crossroads when I approach them. All you can do is whatever you need to do to get through it. At that moment, there are no rules; it's just instinct and self-preservation. Be true to yourself. It's your life (or death, to be honest); go live it, in health and especially in sickness.

*Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.*

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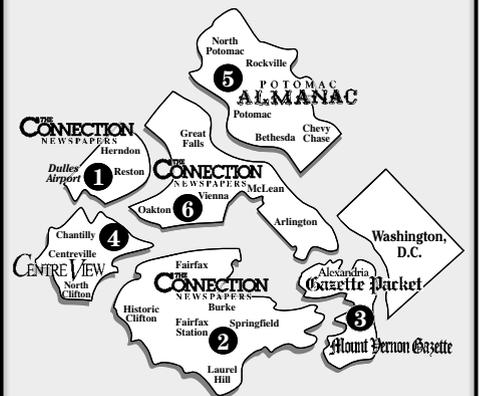
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(near intersection of Lee Hwy. & Rt. 7)

**HERNDON**.....703-707-0800  
23070 Oak Grove Rd. #100  
(Corner of Rt. 606 & Oak Grove Rd.)

**FAIRFAX**.....703-591-6500  
10912 Lee Hwy.

**MERRIFIELD**.....703-560-1560  
(Machine Shop) 703-560-0813  
8701 Lee Hwy.

**NEWINGTON**.....703-339-8300  
8196-A Terminal Rd.  
(Fairfax County Pkwy. at Terminal Rd.)

**STERLING** .....703-450-6600  
**(LOUDOUN)**.....703-444-5096  
47060 Harry F. Byrd Hwy.  
(Rt. 7 at Dranesville Rd.)

**VIENNA** .....703-281-5700  
121 Church St., N.E.  
(Behind Vienna Inn)

### 2 MANASSAS AREA LOCATIONS

**MANASSAS/EUCLID AVE**.....703-368-7106  
(Metro).....703-631-1125  
(Champ Auto Parts) 9088 Euclid Ave.

**MANASSAS/Rt. 234**.....703-368-1002  
(Metro) .....703-631-1205  
(Economy Auto Parts) 8106 Sudley Rd.

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